FILMS: KEVIN COSTNER IS BACK IN ACTION

ACTOR DISCUSSES "JACK RYAN" ROLE AND COMING BACK. PAGE 09

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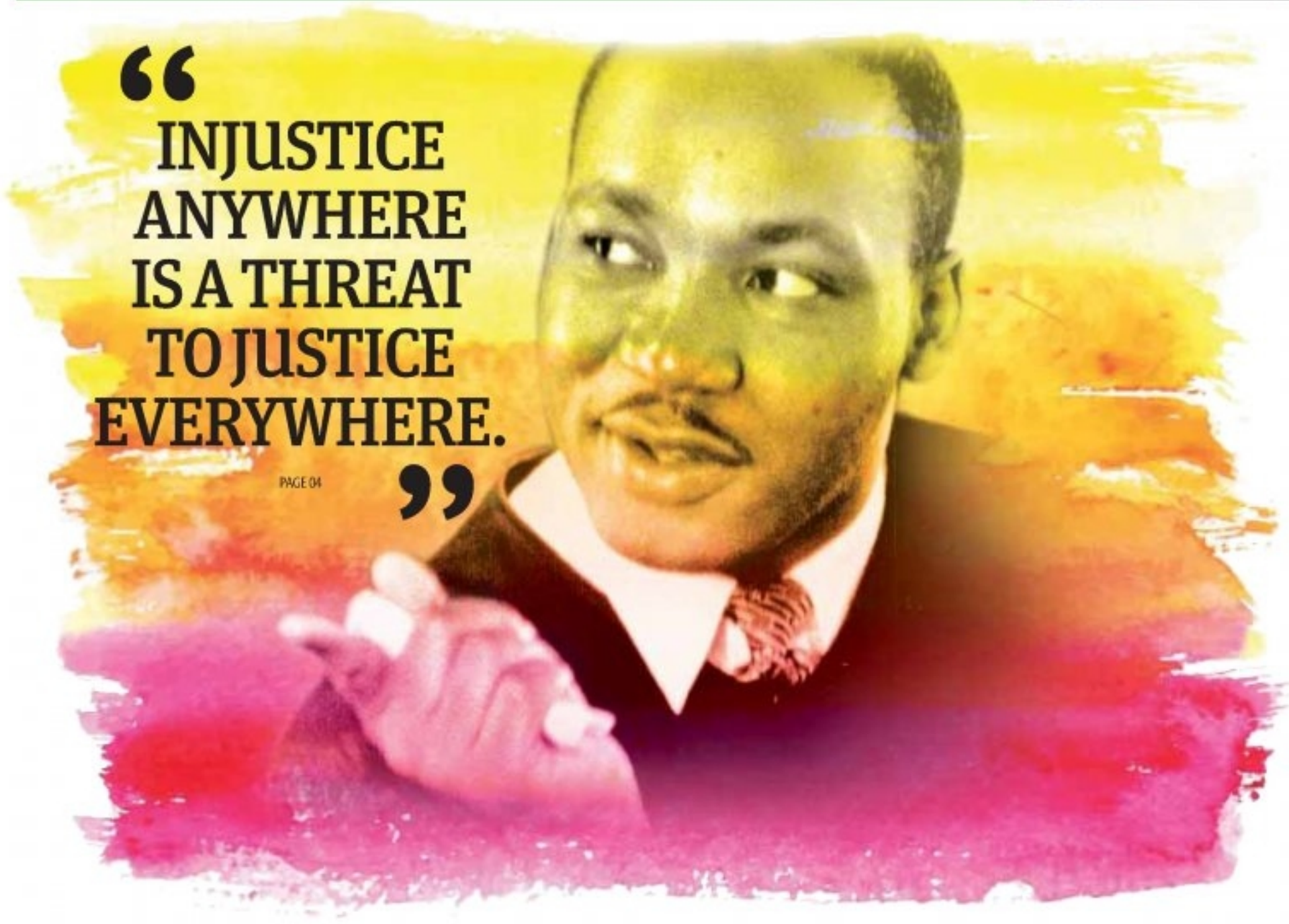
Monday, January 20, 2014 www.metro.us | t: MetroPhilly | f: MetroPhilly



Joe Jonas takes fans for a ride

PAGE 08

A lot to untangle in this 'Knot'

PAGE 10

Try a diet you already know works

PAGE 12

Students, watch your spending

PAGES 14-15

Gun violence should be 'a major concern to all'

Ongoing problem. Councilman Kenyatta Johnson already had an anti-gun violence rally planned before a shooting at Delaware Valley Charter High School on Friday. **How did this happen?** CeaseFirePA director stresses that steps need to be taken in Harrisburg. PAGE 02

1 NEWS

Top 3

What's trending at Metro.us

1 'The real sibling rivalry that inspired 'Sherlock''

2 'VIDEO: Epic dance-off ends when woman is accidentally shoved to floor'

3 'William H. Macy bashes One Direction'

Giveaway

New year, new you

It's a new year and time for a new you! As part of Metro's New in the New Year series, we want to help you make it your best year yet. To help kick off your success, we're giving away a Fitbit activity tracker to one lucky reader. Like www.facebook.com/MetroPhilly on Facebook and enter for a chance to win from now until Jan. 26. Get moving!

School shooting adds to gun violence tension

In harm's way. A school shooting Friday is under investigation, but community leaders want action.

A rally against gun violence in Gray's Ferry is being held today, just days after a shooting at Delaware Valley Charter High School in Logan that injured two students.

City Councilman Kenyatta Johnson said in a statement that the school shooting — and two separate shootings that killed two men in Southwest Philadelphia just minutes apart and a few blocks from each other — drove him to organize the rally scheduled for 2 p.m. today.

"When I learned that two students in North Philadelphia were shot inside their school, it added to my growing concerns about the prevalence of gun violence throughout this city," Johnson said in his statement. "Shootings involving young people in environments where they are supposed to be safe should be a major concern to all Philadelphians."

Raisheem Rochwell, 17, of the 7400 block of Rugby Street, turned himself in on Saturday. He is charged as an adult with aggravated assault, violation of the uniform firearms act, recklessly endangering another person and having a weapon on school property.

Police said that the incident occurred when a gun was fired just before 3:30 p.m. A bullet went through an 18-year-old female's arm and then hit a 17-year-old male in the shoulder.

No further information about the shooting was available Sunday, police said.

Anti-gun violence activists were also concerned by the nature of the shooting.

"I'm very thankful that the injuries weren't more serious," Shira Goodman, executive director of CeaseFirePA, said. "But how did that kid have a gun and how did it get in the school?"

Goodman said that the shooting shows that kids know how to get around school safety measures, and she said steps need to be taken in Harrisburg to reduce the number of guns in the city.

"If you put your kids in school in the morning, you don't want to pick them up in a hospital," Goodman said. "That's as true for kids in the toughest neighborhoods in Philly as it was for the parents in Newtown, Conn."

Quoted

"The presence of a gun here did not make anyone safer, especially not the two kids who were shot." Goodman

SAM NEWHOUSE
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Timeline

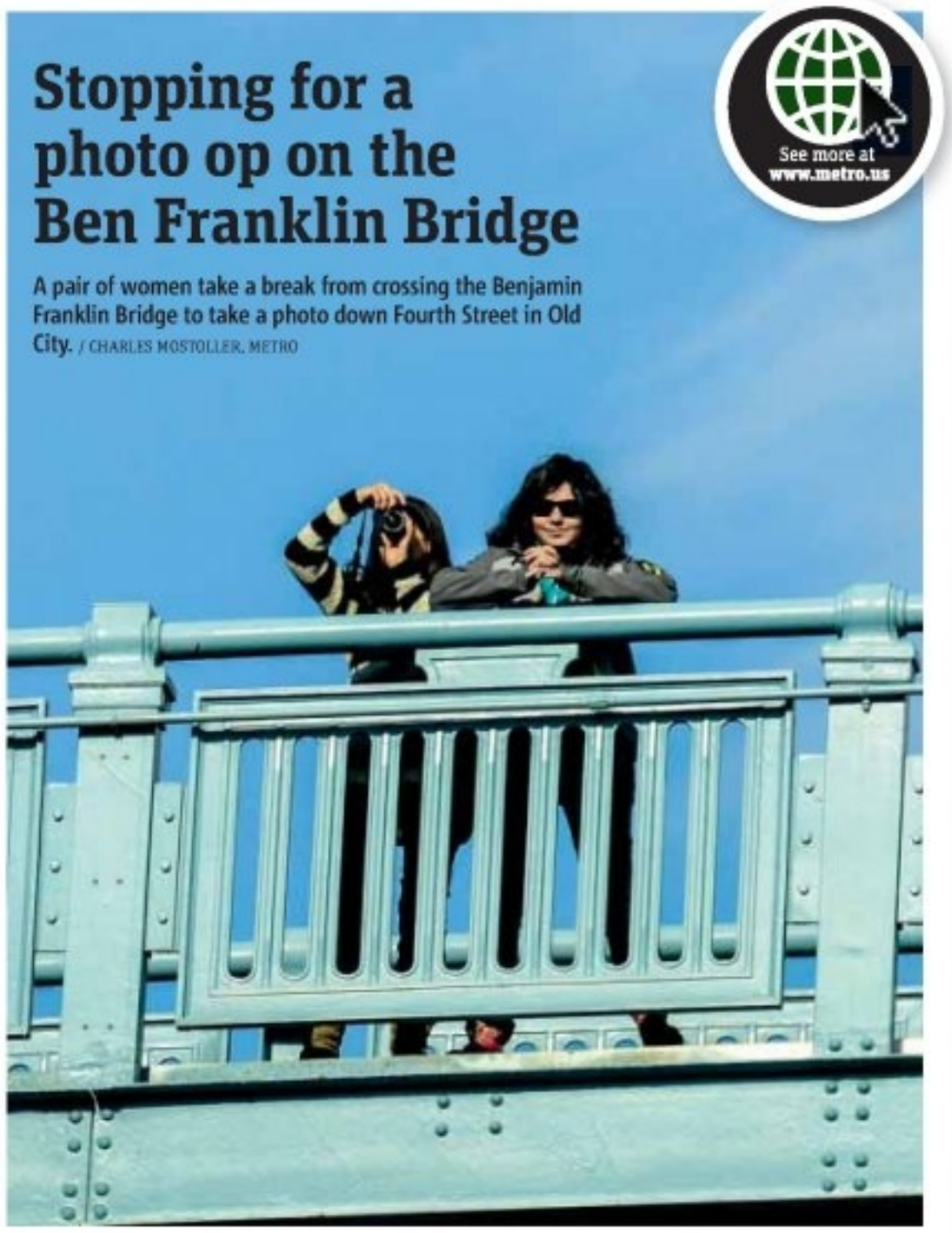
The sequence of events after last Friday's school shooting:

- **Friday, 3:29 p.m.:** Bullet goes through 18-year-old female's arm and hits 17-year-old male in shoulder.
- Police respond, discover that suspect has fled the school.
- SWAT team conducts room-by-room search.
- Police review surveillance video and identify shooter.
- **Saturday:** Raisheem Rochwell turns himself in to police.

Stopping for a photo op on the Ben Franklin Bridge

See more at www.metro.us

A pair of women take a break from crossing the Benjamin Franklin Bridge to take a photo down Fourth Street in Old City. / CHARLES MOSTOLLER, METRO



Update. Cops: Penn student jumped to her death in Center City

Police said the 19-year-old woman found dead in Center City on Friday committed suicide by jumping off a garage near 15th and Spruce streets.

The victim has been identified as University of Pennsylvania freshman Madison Holleran, of Allendale, N.J. Police said she jumped around 6:40 p.m. Friday.

University of Pennsylvania President Amy Gutmann released a statement on Holleran's death Saturday afternoon.

"The entire Penn community is deeply saddened by the death of Madison Holleran," Gutmann said in her statement. "She was bright and well-liked, with an incredible future ahead of her." METRO

Madison Holleran / FACEBOOK

Unsolved

Mother, son found dead in Lawncrest

A 22-year-old man and his 49-year-old mother were found dead on Sunday afternoon in a Lawncrest home, both killed by fatal gunshot wounds to the head, police said.

They were both pronounced dead around 3:30 p.m. Sunday. A female neighbor discovered the bodies. Police have not recovered a weapon. METRO

FACT vs. FICTION

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MLK's legacy lives on with local public school students

Game on. After School Activities Partnerships teaches chess as a safe alternative to violence.

U.S. Rep. Chaka Fattah played six games of chess against elementary and middle school students on Saturday at the African American Museum in Philadelphia.

"I lost one," Fattah said. "It was simultaneous, though."

This was Fattah's 10th consecutive year participating in the grueling mental challenge as part of the celebration of Martin Luther King's life and impact.

This month, Dr. King would be in his mid-80s if he were still alive. But his spirit is ageless, Fattah said.

U.S. Rep. Chaka Fattah joined students for the After School Activities Partnerships chess event to honor Martin Luther King. / NICHOLAS B. MILES

Quoted

"Dr. King's a great example. If you want to have an impact, you need to have a strong educational foundation." Fattah

King's push for education equality and opportunity continues to help push more minority and low-income students to pursue higher education, he said.

"He knew that education was essential," Fattah said. "And you will see young people of every stripe, white, black, Hispanic, Native American. We have more young people going to college in the nation's history. We have more people coming from what we would consider working-class or poor backgrounds, but are still struggling to find a way to go to college. … So they're making their way, and we need to find a way to make it easier to help young people persist through to graduation."

Details

Fattah joined more than 200 Philadelphia students, families and coaches to play chess.

- His game was "chess simul" — he played six students at the same time.
- The event was funded by the Lomax Family Foundation and also featured performances by Philadelphia Youth Poetry Movement.

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Higher education

Parents can get help

Ann-Therese Ortiz sits on the board of Philadelphia Futures, which has workshops today to help families with challenges associated with first-generation college admissions. She said people don't have look further than Philadelphia for examples of modern-day inequality.

With the workshops, held at Girard College, Ortiz said the priorities are setting strategies for college preparation and admission to teach students how to be accountable, set goals and deal with high expectations.

Ortiz said the workshops offer a universal message.

"College is possible," she said. "And if you work hard and if you push yourself to go above and beyond academic expectations, and if you pay attention to deadlines, this is doable." TOMMY ROWAN

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JOE CASEY

SEPTA GENERAL MANAGER

Send your questions about SEPTA services and other issues about the transit agency to christina.paciolla@metro.us. They will be forwarded to Joe Casey, who will answer them in a special column here.

ELEVATORS ARE COMING TO 40TH AND MARKET

I'd like to know why there aren't more SEPTA police riding and going through all of the cars on the Market-Frankford line during rush hour and how four or five officers tend to gather at one station. Is this a policing tactic? MISAEL SEDA

The Transit Police are deployed to areas based on a variety of factors. Due to the number of people on the trains during rush hours, it is easier to see what is occurring by standing on platforms and observing the train as it enters the station. Also, surveillance cameras installed throughout the subway system can be monitored remotely from our control center and transit police headquarters, allowing for officers to be deployed immediately upon the detection of any disturbance. If you see suspicious behavior or criminal activity while you are on the system, IMMEDIATELY call 215-580-8111.

Quoted

Surveillance cameras installed throughout the subway system can be monitored remotely from our control center and transit police headquarters, allowing for officers to be deployed immediately upon the detection of any disturbance.

I live out in western Montgomery County and just absolutely despise commuting on 422 and the Schuylkill Expressway into Center City every weekday. I keep hearing about the proposed Schuylkill Valley Metro project and how it would make my life a lot easier. Is this project still a possibility and where is SEPTA at in getting it going? ERIC LEONARD

The Schuylkill Valley Metro project, which originally involved a restoration of train service as far as Reading on Freight Rail Right of Way owned by Norfolk Southern, officially ended as a planning effort in 2005 when a governor's task force determined that rail service was prohibitively expensive for the region to undertake. More recently, in 2010 an attempt was made to combine highway improvements and passenger rail restoration in a plan called 422 Plus. The premise of the plan was to assess tolls on the US 422 and use the revenue stream to help pay for much-needed highway improvement and allow for the introduction of limited service rail that would connect to the SEPTA Regional Rail network through Norristown Transportation Center on the Manayunk/Norristown branch line. This plan was not acceptable to many elected officials within the region, as well as a vocal general public, and therefore, this plan was not adopted.

Why can't an elevator be constructed at 40th and Market? There are many elderly who experience difficulty from the arduous stairs. CB KIMMINS

I'm pleased to report that installing elevators at 40th Street Station on the Market-Frankford Line is one of SEPTA's priority projects under our "Catching Up" program. The elevator construction project is tentatively scheduled to be awarded in mid-2015.

Controversial

Police post footage of arrest that allegedly ruptured boy's testicle

The Philadelphia Police department has posted a 65-minute video taken by surveillance cameras near 15th Street and Girard Avenue after a high schooler said he was abused by police during an arrest on Jan. 7.

The high schooler who was arrested, Darin Manning, 16, said a female police officer squeezed his genitals so hard she ruptured one of his testicles during the arrest.

Manning is now being championed by local community groups, including the Pennsylvania Chapter of the National Action Network. METRO

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Sanaa Cantie
North Philadelphia | 22

Philly Future Track provides real-world work experience to Philadelphia's young adults, helping them build job readiness as they work alongside the Streets Department.

One key outcome of Future Track is cleaner and brighter alleyways. Interns like Sanaa work to brighten these areas, helping to reduce crime and increase peace of mind among the City's residents.

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David J. Perri, P.E., Commissioner

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Sochi. Lawmaker says not enough info to ensure athlete safety

Russia's security services have not fully shared information that U.S. officials need to protect American athletes in the upcoming Sochi Winter Olympics, some U.S. lawmakers said on Sunday.

While Moscow is sending troops to southern Russia, where the games open next month, the Russians are not telling U.S. intelligence enough about threats from terrorist groups operating in the region, House Intelligence Committee Chairman Mike Rogers said.

"They're not giving us the full story about what are the threat streams, who do we need to worry about, are those groups — the terrorist groups who have had some success — are they still plotting?" Rogers said. REUTERS

Snowden investigation

Congressman looks into whether Russia behind leaks

The head of the U.S. House of Representatives Intelligence Committee said on Sunday he is investigating whether Edward Snowden had help from Russia in stealing and revealing U.S. government secrets.

"I believe there's a reason he ended up in the hands — the loving arms — of an FSB agent in Moscow. I don't think that's a coincidence," U.S. Rep. Mike Rogers told NBC's "Meet the Press." REUTERS

Christie's NJ woes dog Florida fundraising trip

Mayor Dawn Zimmer of Hoboken chats with New Jersey Gov. Chris Christie after Hurricane Sandy. / GETTY IMAGES

Accusations. Claims of bullying persist for the governor.

The New Jersey mayor who added to Gov. Chris Christie's woes with fresh claims that his office punishes uncooperative local officials stuck to her story on Sunday, overshadowing the governor's fundraising trip in Florida.

Widely seen as a Republican contender for the White House in 2016, Christie avoided mention of his troubles at home while he raised funds on a closely watched trip to Florida this weekend.

Hoboken Mayor Dawn Zimmer originally said that Christie sent his deputy to tell her that she risked not getting funds for Sandy relief unless she backed a redevelopment project in her city. The governor's office refutes these claims.

But Zimmer stuck to her story on Sunday, saying that two state officials, including Lt. Gov. Kim Guadagno, told her that Christie would withhold funding if Zimmer did not support a bid by the New York-based Rockefeller Group to build on several blocks in the city. REUTERS

Quoted

"The lieutenant governor said, essentially: 'You've got to move forward with the Rockefeller project.' She said this is a direct message from the governor: 'I was with him on Friday night.'" Zimmer

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Not fair

China decries new US spending bill

China's Commerce Ministry has condemned a $1.1-trillion spending bill passed by the U.S. Congress last week over clauses that limit technological purchases from the Asian giant, saying they clash with the principles of fair trade.

The bill, signed by President Barack Obama on Friday, included a cyber-espionage review process for federal purchases of technology from China, a measure incorporated last year amid growing U.S. concern over Chinese cyber attacks.

In a weekend statement, China's Commerce Ministry said the move "went against the principles of fair trade" as it sought to curb purchases of Chinese technology and export of satellites and parts to China.

"China is resolutely opposed," the ministry said in comments attributed to an unnamed official in its U.S. trade division.

Obama / GETTY IMAGES

The bill sent a wrong message, did not aid exchanges and cooperation in the high-tech field and would have a negative effect on Chinese companies, besides harming the interests of U.S. firms, it added.

"We have noted that U.S. business groups have already made noises opposing the bill. The U.S. side should correct its mistaken ways, and create good conditions for the healthy development of Sino-U.S. trade and business cooperation."

Last year's funding legislation bars U.S. space agency NASA and the Justice and Commerce Departments from buying information technology systems without the approval of federal law enforcement officials.

That formal assessment must include "any risk associated with such system being produced, manufactured or assembled by one or more entities that are owned, directed or subsidized" by China, it says.

U.S. Rep. Frank Wolf, the Republican chairman of the House Appropriations Commerce-Justice-Science subcommittee, said he directed the language to be included last year because of concerns about potential cyber threats from Chinese firms. REUTERS

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2 CULTURE

Twitter feed

Today, Liam Payne is setting the record straight about "Duck Dynasty," Ricky Martin is hoping for the best, Albert Brooks is confused and Olivia Wilde has been using Twitter under the influence.

@Real_Liam_Payne: Being a fan of someones show and the way they still hold a family together doesnt mean i am ok with all they say.

@ricky_martin: Well, I think I deserve something fantastic. And so do you.

@AlbertBrooks: Why am I hearing what The Bachelor thinks about anything? Why? Why?

@oliviawilde: Just realized I am following a bunch of people by accident. How creepy. I feel like Robert Downey Jr waking up in the little girl's bedroom.

1 Joe Jonas will pick you up

In today's edition of "Former celebrities: Where are they now?" Joe Jonas is driving a taxi in Los Angeles. For real. It seems Joe couldn't rest on the Jonas Brothers residuals after the boy band broke up a few months back, and had to get a real job — a real job driving an Uber cab in L.A., an image just slightly sadder than that time NSYNC "reunited" at the VMAs. The thought of Chris Kirpatrick pep-talking himself up in the mirror of the supply closet Justin Timberlake let his old bandmates use as a dressing room pre-show is still "Tearin' Up My Heart"!

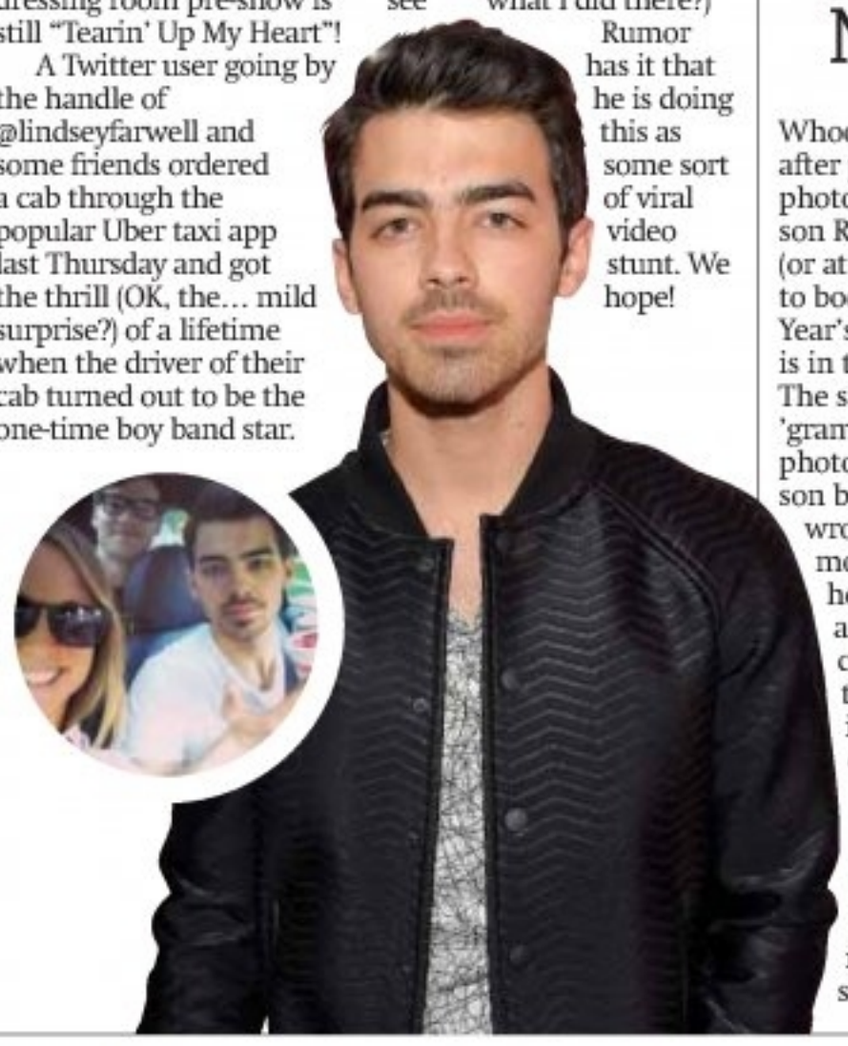
A Twitter user going by the handle of @lindseyfarwell and some friends ordered a cab through the popular Uber taxi app last Thursday and got the thrill (OK, the… mild surprise?) of a lifetime when the driver of their cab turned out to be the one-time boy band star.

According to her tweet, "Today @millsbopp and I got in an @Uber and @joejonas was our driver and we went to Pinkberry and then took a selfie."

Wait, they ordered a taxi to take them to get frozen yogurt? L.A. people! Amirite?

But seriously, from the looks of the selfie she posted, it seems like Jonas is a good sport and not too unhappy about driving a cab instead of driving tween girls wild, so I guess all's well that ends well? Live and let livery, as they say. (Nobody says that, but see what I did there?)

Rumor has it that he is doing this as some sort of viral video stunt. We hope!



Kids, keep your parents away from social media. Even if your parent is Madonna, she will still embarrass you! / GETTY IMAGES

2 Madonna sorry for N-bomb

Whoops. Just a few weeks after posting an Instagram photo of her underage son Rocco boozing it up (or at least pretending to booze it up) at a New Year's Eve party, Madonna is in trouble once again. The singer took to the 'gram again to post a photo of her 13-year-old son boxing. Nothing wrong with that — a mom being proud of her kid's activities and all that. Madge's choice of wording in the caption is where it gets dicey. "No one messes with Dirty Soap! Mama said knock you out! #disni—," it read.

Um, no. No, Madonna, you cannot refer to your (white) son as "disni—" in a very public forum and not expect the swift and exacting wrath of the Internet to fall on your dumb head immediately, which, of course, it did.

Don't let your mom take a photo like this. / INSTAGRAM

Madonna took down the offending photo (as celebs who have posted big, sloppy mistakes on social media are wont to do) and issued a half-hearted apology about her choice of words — initially. Then, after having some time to reflect, the 55-year-old singer re-posted the same photo with a new caption: "Ok let me start this again. #get off of my dick haters!" (That is sort of rad.)

Mostly, it all just confirms one important thing: Moms don't belong on social media. (Seriously, Moms of the World, when you post a message to your child's Facebook time line you do not have to sign it "love, Mom." They know it's from you. Please deactivate your account! And could you also send money? Thanks.)

THE WORD

Alexandra Cavallo's takes on the world of gossip.

ALEXANDRA CAVALLO
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Hiding in the 'Shadow'

Interview. Kevin Costner talks about not being the lead and watching others direct.

Kevin Costner turned 59 on Saturday, but don't assume that being six years away from retirement age means he'll be slowing down. The actor has five films slated for 2014. He laid low over the past decade for a variety of reasons — including fatherhood — popping up in well-received supporting roles in "The Upside of Anger," "The Company Men" and, most guttingly, Superman's Earth-bound dad in "Man of Steel." We'd be remiss if we didn't acknowledge his lead role in The History Channel's "Hatfields & McCoys" in 2012, which won him an Emmy and a Golden Globe.

Four of the new roles are leads — but in "Jack Ryan: Shadow Recruit," he's a mere mentor to its young star (Chris Pine).

"It was certainly a supporting part," he says, suggesting that's not ideal for him. "I was attracted to it because Kenneth [Branagh, the director and co-star] represented so much in our industry." But he was originally reluctant to play an aging agent. "I said, 'Look, I don't know that I can sit down at a desk and make phone calls.' [Branagh] said, 'No, that's why I'm asking you, because this character does get out from behind the phone and at certain moments has to be proactive.'"

Costner first made his name in smaller parts. When he popped up in a small but key role in the 1985 neo-Western "Silverado," it was a "Who's that guy?" moment. Of course, Costner crossed over to lead before coming back to the other side. "Sometimes lead actors are afraid of supporting actors," he says, laughing. "They can steal the movie. My character certainly doesn't do that. I'm more of a presence. A lot of people could have played this role, to be sincere."

Being directed by Branagh could have been awkward, since Costner is a director himself. (His last picture was "Open Range," in 2003, a more modest Western than either "Dances With Wolves" or "The Postman," the latter of which helped — along with "Wyatt Earp" and "Waterworld" — to damaged his A-list status.)

"It was interesting to watch him direct," he says of Branagh. "I wanted to see how he does it. Because I'm usually directing horses and gunfights."

Compared to Branagh, who he says was "calm and composed," Costner likes to get in there and show the actors what they're doing, especially "if they're taking too long to die."

Learning from others is something Costner says he likes to do. "Unless you're a complete narcissist, you look at other people and you like what they do better than what you do," he says. "I like making music. But I always love other people's music more than mine. I like what we do and I sign off on it, but the minute I hear someone else's music, I'm like, 'Man, we should be doing something like that.'"

KEVIN COSTNER PLAYS A MENTOR TO LEAD CHRIS PINE IN "JACK RYAN: SHADOW RECRUIT." GETTY IMAGES

Way-out Western

Director's chair

Costner would like to get back behind the camera. "I would like to play the second half of my career directing," he says. He's also been hard at work with a friend on a series of adventure novels, which he describes as "old-fashioned," saying they're consciously in the vein of Jules Verne and Rudyard Kipling. (The books are slated to be released next year by Simon & Schuster.) Then there's the 12-hour Western he's been working on. "It's very epic," he says, laughing at the insanity of it. "It kind of debunks a theory about how towns came to be. I really want to make it, because I love that world."

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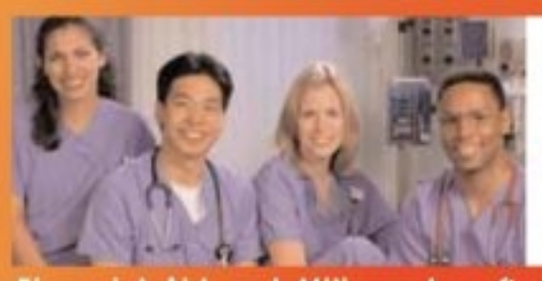

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Nature vs. nurture

Alice Gatling is Corryn and Karen Peakes plays Heather in "Gidion's Knot." / KATHRYN RAINES, PLATE 3

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Timely theater.
Who do you blame when a child dies?

There can be no easy answers in the aftermath of the death of a young child. Johnna Adams' play "Gidion's Knot," which InterAct Theatre Company is presenting in its Philadelphia premiere, depicts the arguments and recriminations of a 10-year-old boy's mother and his teacher. The two engage in the age-old debate between nature and nurture as they try to discover the reasons behind his tragic death.

"I was highly engaged by this play as soon as I read it," says artistic director Seth Rozin. "It's a really compelling approach to some ideas that often don't get as much play in the media: the conflict between nurturing individual creativity and self-expression, versus conforming to standards that suit everybody equally."

InterAct has long prided itself on presenting politically engaged work, and the topics of both education and violence in the classroom are particularly relevant today. "Of course the issue of education, both locally and nationally, has been important for a long time," Rozin says. "The additional attention to mental illness and creative self-expression as it relates to all these shootings at schools has also become very prominent in our minds. So even though we picked it with an awareness of that, we didn't realize how timely and relevant the play would be at this particular moment."

Despite that hot-button immediacy, however, Rozin insists that "Gidion's Knot" sits on the opposite end of the spectrum from the company's more didactic work, focusing its attention not on headlines but on characters.

"It's really a personal drama," he explains, "set against the backdrop of a very large philosophical discussion about something that's really important to everyone, which is the education of our young children. The political dimension of it is much subtler, as opposed to some of the plays we do that are overtly, aggressively political."

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Casting

'Electric' leads

The two-woman drama unfolds in real time over the course of a tense 90-minute parent/teacher conference, making the casting of its two leads essential. Rozin chose Houston-based actress Alice Gatling for the boy's mother and Philadelphia's Karen Peakes as the teacher. "They fit the characters as written," Rozin says, "but they're also very different in their affects and qualities and wonderfully complement each other. We read a lot of different actors together, and this was the combination that was the most electric."

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The diet you didn't know you were on

Health. If you're focused on eating right, your diet might already be anti-inflammatory.

VIRGINIA PELLEY
letters@metro.us

PLUS

The basics

What are the details of this diet?

The anti-inflammation diet is similar to U.S. Department of Agriculture recommendations and the oft-recommended Mediterranean and "heart-healthy" ways of eating: In addition to a wide variety of fresh fruits and vegetables, eat whole grains, lean protein, beans and legumes, fatty fish such as salmon and olive oil, as well as herbs and spices such as turmeric, garlic and ginger, which research suggests have anti-cancer properties. Green tea is also thought to contain cancer-fighting phytochemicals.

Why try the anti-inflammation diet? Because not only can it pay off big — helping you maintain a healthy weight and prevent chronic diseases such as diabetes, heart disease and some cancers — it's as easy as the pie you're still allowed to eat while following it.

Many processed foods, such as white bread and rice, are harder for the body to digest than whole foods, so they trigger an inflammatory response.

"When the body needs to get rid of ingredients that are difficult to digest, its cells are being overworked," says Marjorie Nolan Cohn, MS, RD, CDN, ACSM-HFS, author of "Belly Fat Fix" and spokesperson for the Academy of Nutrition and Dietetics. "On a cellular level, we're giving off by-products that aren't natural, so the body has to work harder to figure out what to do with them."

This can restrict oxygen and blood flow, Nolan Cohn says. Over time, that can lead to chronic inflammation, which is associated with the development of hypertension, diabetes and other health problems.

"We're not sure exactly why, but we do know that being in an inflammatory state is unhealthy," says Joan Salge Blake, MS, RDN, LDN, clinical associate professor at Boston University and Academy of Nutrition and Dietetics spokesperson. "Eating foods that reduce the inflammatory response in the body and get your weight under control help keep blood pressure and blood glucose in check, cutting your risk of disease."

Experts say that instead of maxing out on trendy "superfoods," the easiest way to eat to beat inflammation is to keep meals colorful and varied.

"A person's overall diet is really the key to optimizing health and slashing disease risk," explains Cynthia Sass, RD, MPH, author of "S.A.S.S! Yourself Slim: Conquer Cravings, Drop Pounds and Lose Inches." "While there are some foods that have phenomenal research behind them in terms of health benefits, variety is key, because vitamins, minerals, antioxidants and phytochemicals vary from food to food. So eating a wide range of veggies, fruits, whole grains, nuts, beans, lentils, herbs and spices provides a broad spectrum of protection you won't benefit from if you eat the same few superfoods over and over."

When preparing vitamin-rich fruits and vegetables — such as dark, leafy greens, bell peppers, blueberries and tomatoes — make sure you don't cook away their anti-inflammatory benefits.

"A good rule of thumb for cooking vegetables is that you want to expose them to the least amount of heat and water for the shortest amount of time you can," says Salge Blake, who recommends microwaving them in a little water or steaming until they're crisp-tender to keep their vitamins and minerals intact.

Of course, there are some "Don'ts" for the anti-inflammatory diet: Try to reduce your consumption of fatty animal products, such as meat and dairy, Nolan Chon says.

But remember, "everything doesn't have to be perfect," Salge Blake says. "If the bulk of your diet is healthy and you're at a healthy weight, of course you can have a dessert now and then. There's room for little extras in small amounts."

A diet that's heavy on fruits and vegetables — plus oily fish, whole grains and herbs and spices — can ward off disease. But you already knew that, right? / STOCKBYTE

Quoted

"A good rule of thumb for cooking vegetables is that you want to expose them to the least amount of heat and water for the shortest amount of time you can."
Salge Blake

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Keep your head in the game

Short breaks. Stay focused by taking a walk, dancing it out and, yes, using Facebook.

Ignoring your friends and vibrating phone isn't easy, but it's possible. / ALTOPRESS, MAXPPP

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of "Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently." But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely. Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

For instance, Arnold recommends taking a 10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher," Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. "Distracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many breaks you'll give yourself each hour. "Commit yourself to living within those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."

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Reduce distractions

1 Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.

2 Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.

3 Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.

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Leave that money in your pocket — healthy spending habits will help you later on. / COLOURBOX, MARYLOOO

Cash flow

Budget. Hey students, follow these tricks to avoid overspending.

The good news: There is no time like the present to start getting into healthy spending habits and paying attention to your bank account. The bad news? With an abundance of options to spend, spend, spend on campus, college life can become a ripe environment for negative cash flow.

But that doesn't have to become your story. There are several strategies to get control of your finances as a student. If your hall mates order out every night and you can't afford to do the same, Stacy Francis, president and CEO of Francis Financial, suggests bringing your own food to those dorm dinners. "If anyone asks," she says, "let them know that you are saving up for a special trip or purchase."

Financial savviness shouldn't be something to be embarrassed about. Instead, she says it's something to be proud of. What won't give you a sense of pride is having to dig yourself out of debt because you didn't want to say you couldn't afford something.

Jill Bierne Davi, founder of Abundant Finances, also mentions the invisible force of peer pressure. If you decide to participate in take-out, limit it to once a week or get something small instead of an entree. "Or invite your friends to split a dish with you to cut the costs in half," she says.

Just like getting into the habit of passing up that second slice of cheesecake (or not having the first one to begin with), watching your wallet means getting accustomed to healthy be-

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1 Utilize your pre-paid meal plan (that's what it's there for).

2 Use cash for everything.

3 Buy used books.

4 Stock up on groceries and snacks when you're home.

5 Suggest less expensive ways to hang out with friends, such as jogging outside or having a movie night.

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on campus

havior by resisting temptations. "Whatever habits they form now, they'll take with them once they leave — but on a bigger scale," Bierne Davi says.

One habit is keeping a spending diary, which is just what it sounds like: Track everything you spend, and then analyze it at the end of the month.

"Review your spending patterns and figure out where you could cut costs and where you can afford more leeway," Francis says. Seeing how much money is being spent on restaurants, clothes and other items could be surprising, and "having a big picture view of how you spend is very effective and necessary," she says.

Francis adds, "With student loan debt averaging close to $30K per student, it is now more important than ever that students get their arms around their finances."

Trick of the trade

Set it aside

The envelope system is another good option, Francis says. At the beginning of every month, make a budget and put specific amounts of money into envelopes that you've allotted for various categories like clothing, dining out and entertainment. As soon as the envelope is empty, it's lights out for that category. So if you budgeted $200 for groceries, and make sure to only use that envelope at the supermarket, when the $200 has been used up you can't spend more on groceries that month.

If envelopes get depleted quickly, Bierne Davi suggests reaching out for help. "Bad habits tend to grow in the dark. Open up to someone who you trust who is better at taking care of their finances." Sometimes just seeing all of your numbers in one place can help you get back on track.

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FREELANCE: FREEDOM FROM AN UNCERTAIN ECONOMY

If your company doesn't have policies against it, consider diversifying your career by freelancing on the side. / COLOURBOX

Career Advice

DAN SCHAWBEL
DANSCHAWBEL.COM

Dan Schawbel is a Gen Y career expert, the founder of Millennial Branding and the author of Me 2.0.

Gone are the days when you could rely on one source of income to survive. Secure, full-time jobs are scarce — the economy is too unpredictable, and there are many external factors that you can't control (such as your company going into bankruptcy or eliminating your department).

Amid all this uncertainty are corporations that aren't hiring, even though they are making more money. And just because you work at a well-respected company doesn't mean you're protected from unpredictable layoffs. For instance, Macy's is laying off 2,500 employees, Merck is laying off 8,500 and Cisco is cutting 4,000. These layoffs happen with alarming regularity.

In this kind of employment climate, you need to have multiple sources of income. The best way to accomplish that is by having an entrepreneurial mind-set. Think about career diversification the same way you think about managing a portfolio of stocks. If you put all of your money on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced — and if one tanks, you can stay afloat.

Although freelancing can be difficult, it is the easiest path to career diversification — and it's becoming more and more popular. Intuit predicts that 40 percent of American workers will be freelancers by the year 2020. With freelancing, you can take on multiple clients; then, if you lose one, you can still survive.

Aside from the benefit of freedom and flexibility, it diversifies you in a way that protects you from economic uncertainty. If you work for a big corporation, you should be doing side projects (such as freelancing) just in case you get laid off. You can also parlay your entrepreneurial activity outside of work into a full-time job if you concentrate enough effort on it.

Diversifying your career is the smartest decision you can make because it gives you the upper hand in your field and is your best insurance plan against things that you can't control.

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Horoscope

Aquarius | Jan. 21-Feb 18. You will have all sorts of lucrative opportunities, but the possibility of choosing the wrong deal is apparent.

Pisces | Feb. 19-March 20. Don't worry about ongoing concerns. You would be better off communicating about what needs to happen to allow an important relationship to thrive.

Aries | March 21-April 20. Much can be achieved regarding job prospects. A chat with someone who has the power to place you in a better position will prove fortuitous.

Taurus | April 21-May 21. Love will likely be on your mind today. Decide what you really want. Creative projects should not be neglected.

Gemini | May 22-June 20. Restlessness will be your enemy today. Don't make adjustments that are unlikely to improve matters

Cancer | June 21-July 22. It's time to clear up any misconceptions about who you are and what you want to do. If you share your plans, you will find the support and encouragement you need.

Leo | July 23-Aug. 22. Business matters should be your focus today. Search for a new position or a promotion at your current job.

Virgo | Aug. 23-Sept. 22. You won't have a hard time being practical today. Proceed cautiously. You may want to reflect carefully on your work as well as your personal affairs.

Libra | Sept. 23-Oct. 22. Make an effort to iron out matters that involve the government, banks or other institutions. Talk to an adviser about your finances.

Scorpio | Oct. 23-Nov. 21. Partnerships that will help you carry out your plans can be established. Opportunities to make new friends are evident. Don't overthink your love life..

Sagittarius | Nov. 22-Dec. 21. You may find yourself caught in an emotional quagmire. It's wise to face your dilemma.

Capricorn | Dec. 22-Jan 20. Your insightfulness and ability to offer excellent solutions will land you in the spotlight at any group function you attend.

BERNICE BEDE OSOL

Sudoku: Easy and hard

2	1	4						
			7	2		6		
		7	3		9			
1					4			
8	7	2	9		3	4	5	1
			5					3
			4		6	5		
		3		9	5			
						8	1	6

	9			1			2	4
6			4	5				
		5					6	3
			1	3		6		
5		9				2		1
		3		2	8			
7	5					9		
				4	9			7
9	3			8			5	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Judging Clinton's book by her cover

I wish to thank Metro for giving us advanced warning of Hillary Clinton's book about her illustrious career. Never has one person gotten more mileage out of so few accomplishments.

As the tome is untitled, here are some suggestions for the former secretary of state: "Transparency: Four Years, a Million Miles and Nothing To Show"; "How I Missed the Green Revolution in Iran"; "The 3 A.M. Call"; "September 11, 2012"; and "Benghazi — A Personal Note."

JOE ALLOY, VIA EMAIL

Bachelor for life

Ouch, Mr. Bachelor! I think I see why you are single and on that show claiming to look for eternal love! Although I've never watched a reality show to date, I can only hope that the show you are presently a part of never ceases, so people can constantly be reminded that while fantasy is gratifying for a while, it is true reality that one will always gain the most from in the end. And no man should ever apologize for what he truly feels!

VINCENT M. CREAR, VIA EMAIL

letters@metro.us

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Online

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Crossword

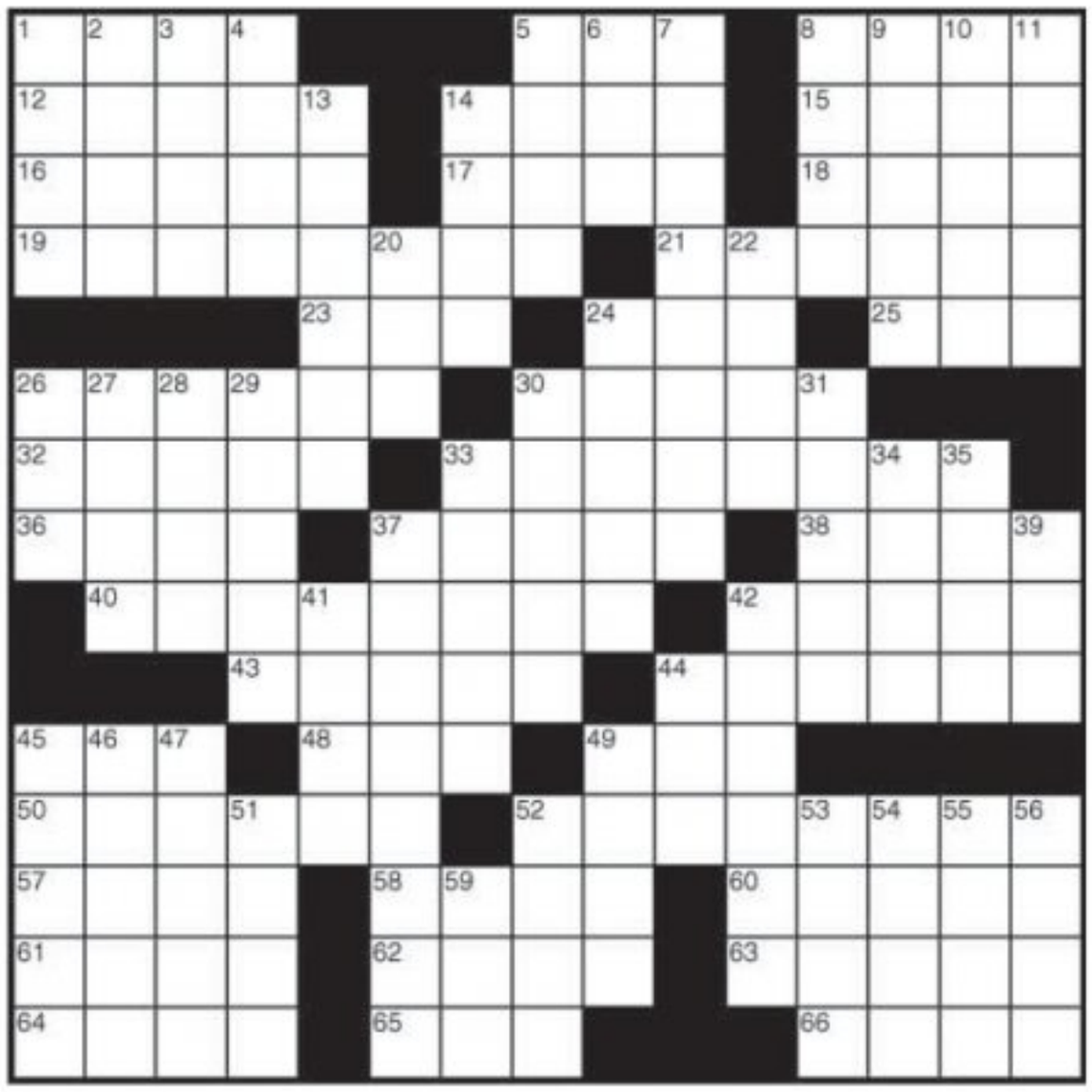
Across

1 Cellar, briefly
5 Pack it away
8 Source of light
12 "Do — — a Waltz?"
14 Castaway's refuge
15 1939 Lugosi role (var.)
16 – Dame
17 Sincere
18 Muchacho
19 At heart (2 wds.)
21 Sharp corners
23 Ms. Thurman
24 Environmental prefix
25 Summer in Paris
26 Tomato jellies
30 Beach Boys' — Wilson
32 Moon position
33 Left the party (2 wds.)
36 Prejudice
37 Golf score
38 Muddy the waters
40 Supposes
42 Burn or sting
43 Mooring site
44 Said explicitly
45 NASA's fine (hyph.)
48 Barley bristle
49 Plunging neckline
50 Everest guide
52 Type of snowshoes
57 Pew locale
58 Wishes one hadn't
60 Helena rival
61 A Great Lake
62 Clingy fabric
63 Western, slangily
64 Almost too lush
65 Kyoto honorific
66 Small fry

Down

1 Tough spot
2 Loafer
3 Dole out
4 Pool cover
5 "MNF" channel
6 Stein filler
7 Determination
8 Ding-a- —
9 Lithe
10 "Haystacks" painter
11 Plain writing
13 Mark down
14 Hawkeye State
20 Mantra chants
22 Wyle of "ER"
24 Ocean birds
26 PD dispatch
27 Liner
28 "I kid you not" comic
29 Japanese-American
30 Have descendants
31— Jean Baker
33 Common door sign
34 Zoo barrier
35 Colleen's home
37 Ramparts
39 British inc.
41 Purse closer
42 Boombox sound
44 Whale domain
45 Lou Grant portrayer
46 Maureen of the screen
47 Mr. Costner
49 Waistcoat
51 Smell awful
52 Hippie happening (hyph.)
53 11th-grade exam
54 Legal rep
55 Half a fortnight
56 Withered
59 Ms. Merkel

Weekend's answer



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3 SPORTS

Phillies ink Mayberry

Mayberry, Phillies agree to deal

The Phillies were able to avoid going to an arbitration hearing with outfielder John Mayberry Sunday when the two parties agreed on a one-year, $1.587 million contract for 2014. Antonio Bastardo and Ben Revere will go to arbitration next month to determine their salaries.

Nova big man Ochefu team's secret weapon

NCAA. The No. 6 ranked Wildcats host No. 20 Creighton at 7 p.m. at the Wells Fargo Center.

Somebody unexpected will be waiting when the team from Peyton Manning's "favorite" city comes to town tonight to face No. 6 Villanova, with first place in the new Big East at stake.

That would be Creighton, from Omaha of course, which will have to deal with emerging Wildcats' big man Daniel Ochefu. The 6-foot-11 sophomore from nearby Westtown, Pa., dominated both ends of the paint in 'Nova's impressive 88-62 win over DePaul Saturday, showing what a force he can be when he stays on the court and out of trouble.

That may pose an additional problem for the No. 20 ranked 15-3 Blue Jays. Then again, just watching tapes of All-American Doug McDermott & Co., gives Jay Wright's 16-1 gang plenty to worry about.

"They're just really good sound offensive players," said Ochefu, who scored a career high 14 points against the Blue Demons. "Doug McDermott is a great player, so obviously he's going to be our main focus."

And if Saturday was any indication, teams won't be able to sleep on Ochefu, whose path to the Main Line is just a bit out of the ordinary.

"We went from Maryland to Nigeria for 3-4 years, then Pennsylvania," explained Ochefu, who spoke only English there, where he played more soccer than basketball. "It was a real good experience for me. My father has a lot of family there. He just wanted me to meet them. It was a big adjustment and a complete culture shift going over there."

He's also used to handling the ball — not usually the case for a big man.

"My high school coach had me run a little bit of point," said Ochefu, "They pressed us in high school, so I would just bring the ball up."

Having someone almost 7 feet tall, who can not only impose his will at the defensive end but serve as a low post threat with the ability to distribute the ball, figures to make the 'Cats even meaner.

"It takes time for a forward to develop," said Wright, whose club shot a blistering 19-for-26, 73.1 percent in the second half to turn a 33-24 game into a rout. "I'm so proud of him. He works hard at his offensive skills and takes great pride in his passing and his defense."

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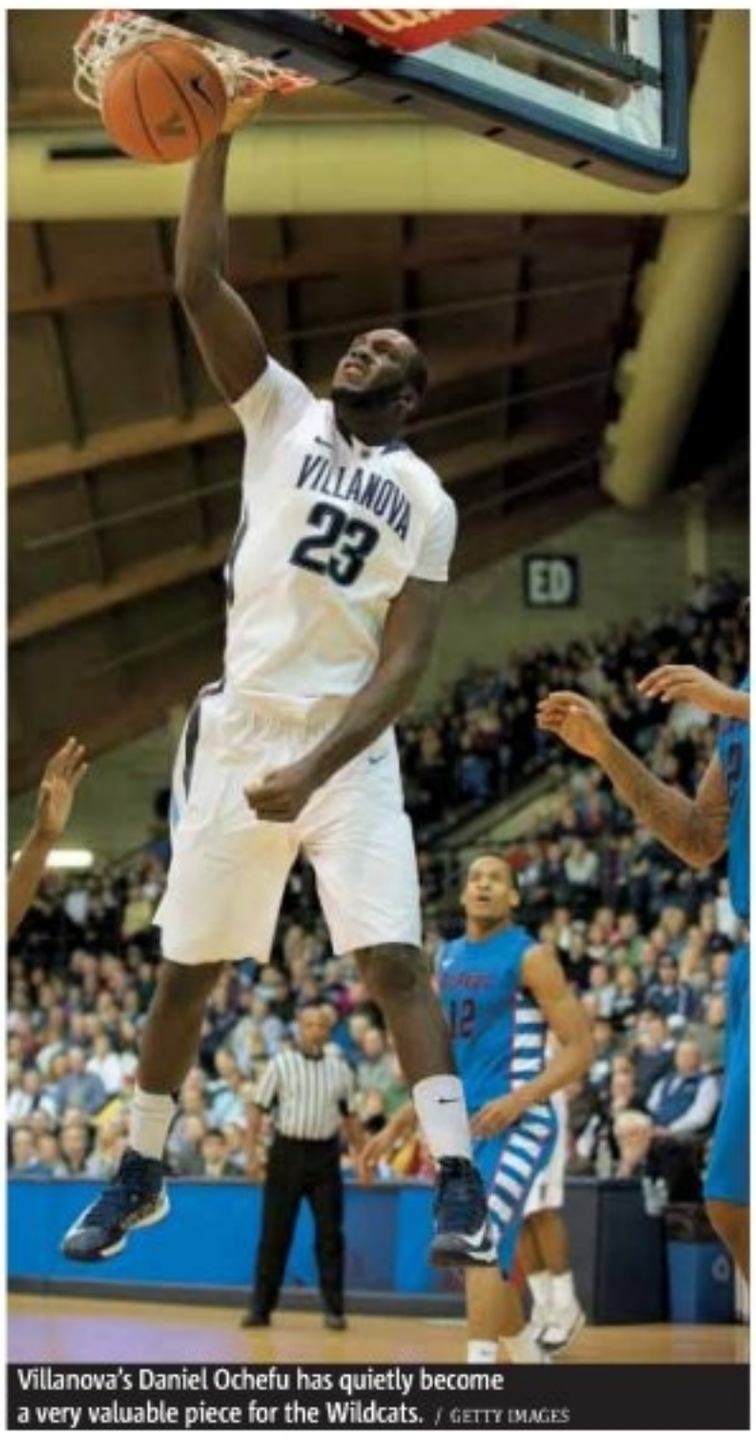
Beasts of the Big East

Here's a look at the season so far for the No. 6 Wildcats.

- 16-1 record, (5-0 Big East)
- Offense averages 81.3 ppg, good for 26th in all of D-I.
- Four Nova players are scoring in double-figures this season: JaVaughn Pinkson, James Bell, Darrun Hillard II, Josh Hart.
- The only loss came on Dec. 28 to No. 2 Syracuse.



Villanova's Daniel Ochefu has quietly become a very valuable piece for the Wildcats. / GETTY IMAGES

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The Flyers hope goalie Steve Mason can provide consistency in net for at least the next three seasons. / GETTY IMAGES

Mason is Flyers' goalie of the future

NHL. The Flyers commit to Steve Mason with a three-year extension.

It's been a long time since the Flyers have really had a franchise goaltender.

This weekend's three-year $12.3 million extension is perhaps a sign that the team thinks they may have found their man.

The deal will pay Steve Mason, 25, $4.1 million each season after he earns $1.5 million this year. The deal could be described as both a good bargain, and a good deal for Mason.

Prior to this afternoon's game against the Islanders, Mason boasted a respectable 2.56 goals against average and an impressive 19-11-5 record in net.

He has, however, been inconsistent of late. In 10 games in November he allowed just 1.94 goals per game; in seven games in January, it's been 3.35.

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City Six hoops breakdown

Two Big Five showdowns at the Palestra highlighted an action packed week for Philly hoops. Here's a look at the good and not so good in City Six basketball.

- **La Salle 74, Temple 68** — The Owls continue to slide with a six-game losing streak plaguing the typically competitive squad. The Explorers, on the other hand, ended an eight-game losing streak against Temple thanks to 20 points from Tyreek Duren. The Owls have a tough matchup Tuesday in Hartford against UConn; La Salle will face St. Bonaventure on Wednesday.
- **St. Joseph's 85, Penn 68** — The Hawks were in complete control against the Quakers in the second game of a Palestra doubleheader Saturday afternoon, with St. Joes hitting 16 three-pointers in Phil Martelli's 350th career win with the Hawks. His squad hosts Rhode Island on Wednesday, while UPenn hosts NJIT on Saturday.
- **Villanova 88, DePaul 62** — Villanova continued to play like the best team in the Big East moving to 5-0 in conference play and 16-1 overall with a convincing win against DePaul. A showdown for first in the Big East vs. No. 20 Creighton awaits the sixth ranked Wildcats tonight at the Wells Fargo Center.
- **Drexel 79, UNCW 63** — Freddie Wilson scored a career-high 16 points in a comeback win over UNC-Wilmington Sunday.

EVAN MACY

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Union get their man with No. 1 overall pick Blake

MLS. The team is pleased with its new goalie.

Union goalie Zac McMath will have to compete for his spot next year. / GETTY IMAGES

As far as the Union are concerned, they drafted the best player available at last week's MLS SuperDraft. They didn't want goalkeeper Andre Blake to slip past their grasp.

From a team standpoint, he's invaluable to their future.

"[Andre's] clearly a guy who has a very bright future," said Union manager John Hackworth. "He had an excellent career at UConn, but he's also a Jamaican International player already. This is a guy who we think has tremendous upside. He needs a little bit of time but we think we've given ourselves a guy who will be incredibly valuable to our future."

He's also already making history. Blake became the first goalie to ever get selected with the No. 1 pick in the SuperDraft. He was widely rated as the top prospect in the draft.

Blake says that he realized how good he was at a very young age and has been working on his craft ever since.

"I started playing soccer around 7 or 8 years old," said Blake. "My dad and my brothers were really into the game and I came to find that standing in the goal and catching the ball was something that I really liked. It seemed like it came easier to me than most people and that's when I started realizing that it was a blessing and a gift more than it was a hobby."

Standing at the podium on draft day, Blake was given a large ovation by the Union fans in attendance. They started a "one of us" chant, showing that they will be fully behind him in the coming years.

"I loved [the chants]," said Blake. "I haven't even played yet and to have that kind of support is awesome. They seem really passionate and that's something that I really like."

He may be familiar with goaltending, but the city of Philadelphia is a totally different story. He's excited to see what the city has to offer.

"I don't know much about Philly," said Blake. "I heard about some good places to go for a cheesesteak, but that's really as much as I know. I'm excited to find out more and more about the city as soon as possible."

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Broncos fend off Patriots, punch Super Bowl ticket

NFL. Peyton Manning leads Denver past New England in AFC Championship.

It started off slowly for a heavyweight bout between two of the best quarterbacks of all-time.

But 400 yards, two touchdowns and 60 minutes later, Peyton Manning walked off the field triumphant and with his third career date in the Super Bowl as the Broncos prevailed 26-16 over the Patriots Sunday afternoon.

Tom Brady and New England made things interesting down the stretch, a Shane Vereen touchdown run putting the Patriots just a two-point conversion away from trailing by just one score, but the Broncos defense held strong and went on to run down the clock to clinch the victory.

The Broncos gained 507 yards to the Patriots 320 and committed no turnovers as they controlled the game on both sides of the ball.

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Manning looks for more

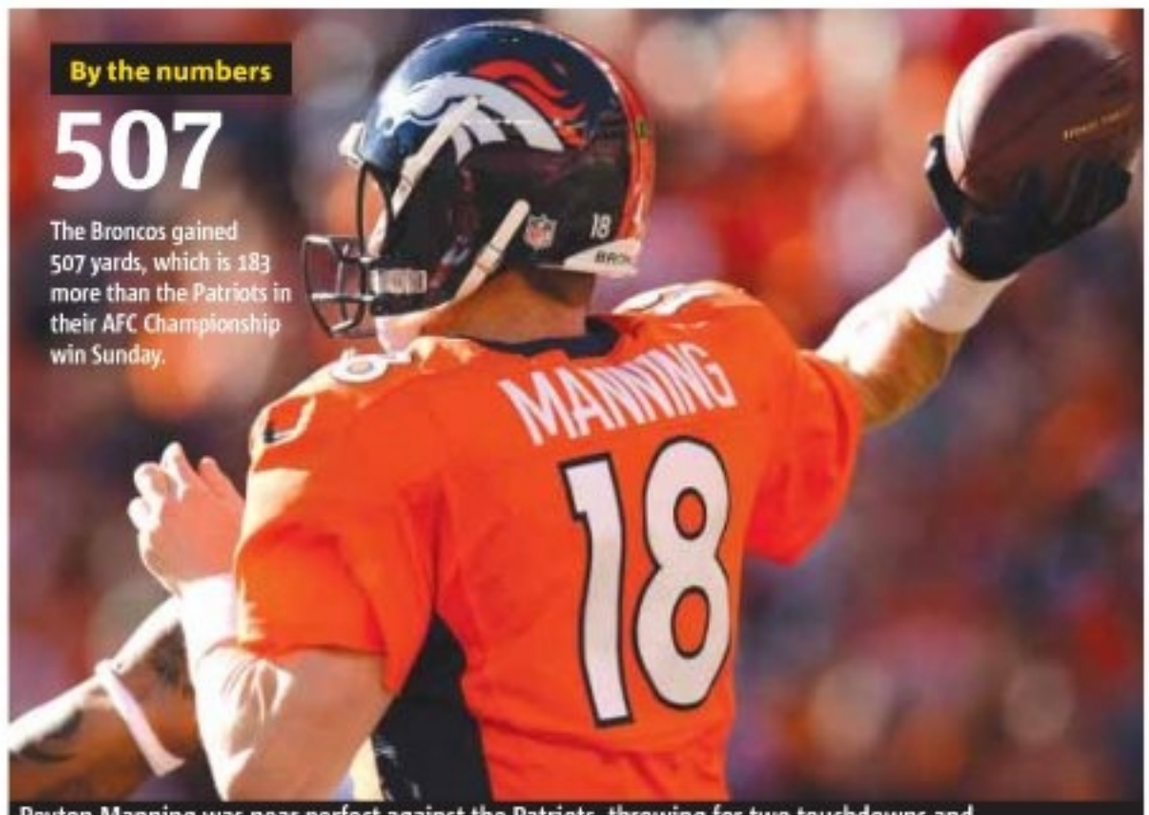
1

Despite holding several NFL records, including the single-season passing mark set this year, Peyton Manning has just one Super Bowl title to boast.

By the numbers

507

The Broncos gained 507 yards, which is 183 more than the Patriots in their AFC Championship win Sunday.



Peyton Manning was near perfect against the Patriots, throwing for two touchdowns and no interceptions Sunday. He was not sacked in his 400-yard performance. / GETTY IMAGES

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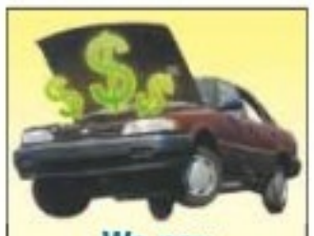

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